

研究成果関連刊行物一覧

論文・著書

岡靖哲．子どもの睡眠時無呼吸症候群．睡眠障害の子どもたち：子どもの脳と体を育てる睡眠学．大川匡子（編著），合同出版，2015，pp.103-120

岡靖哲，堀内史枝．睡眠・覚醒障害の薬物治療 - DSM-5 で新たに採用された疾患を中心に．臨床精神薬理 2015, 18 : 1153-1160

岡靖哲，堀内史枝．小学生の学業と睡眠．Progress in Medicine 2015, 35 : 29-33

Yamamoto R. Public health activities for ensuring adequate sleep among school-age children: Current status and future directions. Sleep and Biological Rhythms, in press.

山本隆一郎，原真太郎．児童を対象とした睡眠保健活動．睡眠医療 2015, 9(3) : 359-364

山本隆一郎．学校保健における認知行動療法に基づく睡眠健康教育．認知療法研究 2015, 8(2):165-167

堀内史枝．不眠症 - 眠ってくれない子どもの睡眠時無呼吸症候群．睡眠障害の子どもたち：子どもの脳と体を育てる睡眠学．大川匡子（編著），合同出版），合同出版，2015，pp.29-49

堀内史枝，河邊憲太郎，岡靖哲，上野修一．ワークブックを活用した中学生の睡眠改善の試み．不眠研究 2015，45-50

堀内史枝，岡靖哲．睡眠時無呼吸症候群．小児の症候群，小児科診療増刊号(79巻増刊号)，2016（印刷中）

Kawabe K, Horiuchi F, Ochi M, Oka Y, Shu-ichi U. Internet addiction: Prevalence and relationship with mental states in adolescents. Psychiatry and Clinical Neuroscience, 2016 (in press)

学会発表

Oka Y, Takata N, Horiuchi F, Itoh K, Yamamoto R. Source of knowledge about the prevention of sudden infant death syndrome (SIDS) at nursery schools in Japan. International SIDS and Stillbirth Conference (Montevideo, Uruguay, September 8-10, Abstract accepted)

Yamamoto R, Hara S, Horiuchi F, Oka Y. The effect of parental internet addiction tendency on emotional and behavioral difficulties in preschoolers: Verification of sleep problems in parents and children as mediators. The 6th Asian Congress of Health Psychology (Yokohama, July 23-24, Abstract accepted)

Takata N, Oka Y, Horiuchi F, Itoh K, Yamamoto R. Prevention of sudden infant death syndrome (SIDS) at nursery schools in Japan. International SIDS and Stillbirth Conference (Montevideo, Uruguay, September 8-10, Abstract accepted)

Source of Knowledge about the Prevention of Sudden Infant Death Syndrome (SIDS) at Nursery Schools in Japan

Oka Y, Takata N, Horiuchi F, Itoh K, Yamamoto R

Center for Sleep Medicine, and Center for Child Health, Behaviour and Development, Ehime University Hospital, Japan

Introduction: Number of Sudden Infant Death Syndrome (SIDS) is gradually decreasing in Japan, but 148 SIDS death was still reported in 2011. Information about SIDS prevention is available through literature, local meetings and through internet, however, accuracy of information may depend on the source of information. The aim of the study was to identify the source of knowledge about SIDS prevention among nursery schools in Japan.

Methods: A questionnaire asking about the knowledge and activities related to SIDS prevention was distributed to nursery schools in Japan. One hundred seven responses were included in the analysis. Percentage of nursery schools who obtained the knowledge about SIDS prevention at each information source was analyzed.

Result: Percentage of source of information about the method of SIDS prevention including educational sessions, suggestion through the inspection by the local authority, books or journals, educational poster distributed by the Ministry of Health and Labor, internet, other nursery schools or childminder, and expert in SIDS were 90.7%, 46.7%, 41.1%, 31.8%, 19.6%, 15.9% and 7.5% respectively.

Conclusion: Most of the nursery school childminders obtained knowledge about SIDS prevention through educational sessions, suggestion by the local authority or literature. Obtaining the information through internet was less prevalent than expected.

The effect of parental internet addiction tendency on emotional and behavioral difficulties in preschoolers: Verification of sleep problems in parents and children as mediators

Ryuichiro Yamamoto¹⁾²⁾⁷⁾, Shintaro Hara³⁾⁴⁾, Fumie Horiuchi⁵⁾⁷⁾, Yasunori Oka⁵⁾⁶⁾⁷⁾

Department of Psychology and Humanities, College of Sociology, Edogawa University¹⁾, Division of Clinical Psychology, Health Care and Special Support, Joetsu University of Education²⁾, Graduate School of Human Sciences, Waseda University³⁾, Graduate School of Education, Joetsu University of Education⁴⁾, Center for Child Health, Behavior and Development, Ehime University Hospital⁵⁾, Center for Sleep Medicine, Ehime University Hospital⁶⁾, Sleep and Use of Information Communication Equipment among Preschoolers Study Group, Health Labor Science Research Grant⁷⁾

Introduction: The aim of this study was to verify the effect of parental internet addiction tendency on emotional and behavioral difficulties in preschoolers mediating sleep problems in parents and children.

Methods: Parents of preschoolers (N=247) completed the questionnaire which consists of the Child and Adolescent Sleep Checklist, the Internet Addiction Test and Strength and Difficulties Questionnaire. Path analysis was performed in order to verify the model of difficulties among preschoolers.

Results: The proposed model showed an acceptable fit ($\chi^2(2)=.587$; $p=.746$, GFI=.999, AGFI=.994, RMSEA=.000, CFI=1.000), and all path coefficients were statistically significant at 0.1% level.

Conclusion: Parental internet addiction tendency effects, not only directly but also indirectly (mediating parental and children's sleep problems), on emotional and behavioral difficulties in preschoolers.

Acknowledgement: This study was supported by a Health Science Research Grant from the Ministry of Health, Labor and Welfare of the Japanese Government.

Prevention of Sudden Infant Death Syndrome (SIDS) at Nursery Schools in Japan

Takata N, Oka Y, Horiuchi F, Itoh K, Yamamoto R

Faculty of Nursing, Shikoku University, Tokushima, Japan

Introduction: Sudden Infant Death Syndrome (SIDS) is reported to occur in about one of every 6000-7000 live births in Japan. SIDS commonly occurs two to six months after delivery and prevention of SIDS at this age group is very important not only at home but also at nursery school. However, guideline for preventing SIDS at nursery school has not been established in Japan. The aim of the study was to identify the effort of SIDS prevention currently conducted at Japanese nursery schools.

Methods: A questionnaire asking about the knowledge and activities related to SIDS prevention was distributed to nursery schools in Japan. One hundred seven responses were included in the analysis. Percentage of incident or at risk incident of SIDS was identified and activities currently conducted at each nursery school were analyzed.

Result: No SIDS incidence was observed, but at risk SIDS incidence was observed in one nursery school (0.9%). Percentage of activities including health checkup in the morning, monitoring by the childminder during the nap time, asking about the health condition of baby from the parents, taking care of baby sleeping position, measurement of body temperature, checking vital signs of sleeping baby, stimulate the baby while taking a nap, monitoring of sleeping baby with video recording, and putting a sensor on baby taking nap were conducted in 98.1%, 94.3%, 93.5%, 86.9%, 84.1%, 54.2%, 9.3%, 1.9% and 0.9% of nursery schools respectively.

Conclusion: Monitoring of the health condition of the baby and close watch on baby including the body position while napping was made in more than 80% of nursery schools. Monitoring using sensors or video recording was not prevalent among Japanese nursery schools.